

Small boxing handbook 9 by JJefArt

Written by JJefArt J2014 Jeffrey Koelewijn Jeffrey de vries from Holland

The snap punch or whip punch

Normally the fist is somewhat relaxed and closed or almost closed

before punching and at the beginnning or around quarter ways or half ways the fist is closed

With the snap punch the fist only closes just before impact to increase force

A whipping sound can be heard if done bare knuckle and correctly

Although this type of punch is more effective bare knuckled it can still be used with gloves
two types of whip punches

One where the hand travels like a normall punch but closes just before impact

One where the hand is "dragged" to increase the myotatic reflex and the build up of energy
and also closes just before impact

Tip:

Don't tense up too much

Ways to get out of the corner

There are basicly four ways to get out of the corner

To the right

Normally the side of the opponents jab

To the left

Normally the side of the right cross or powerpunch with the back leg

Getting out through the right is safer as you don't walk in to a right

cross or power punch but there normally is a little less space then going out through
the Left

Getting out through the left normally has a little bit more space but
you can walk in to a right cross or right powerpunch

The other two ways

By pushing the opponent backwards by punching and getting the upperhand

By clinching

Making a feint by acting like you go out one way but then go out the other way can
also be effective

If you can't get out you can always shell up and maybe do rope-a-dope in the corner by letting
the corner absorb most of the punching power

And while shelled up sometimes oppertunities come, like the opponent letting down his guard to
much

or an opening to get out of the corner

Also if you first ropa-a-dope or shell up good enough the opponent looses a great deal of energy
punching and after that chances of getting out might be bigger

Breathing

Normally you breath out a little bit with a punch, with each punch
offcourse you also take air in you need air

Some people make a sissing sound when punching

Sometimes a powerpunch is done while holding the breath to build up energy
Also the breathing out with a powerpunch is a little bit different it's hard to explain but more pressure is build up and so the breathing out is done a little bit differently

Tip:

Doing breath exercises can improve performance

Practicing on holding your breath can improve stamina

Be carefull not to hurt yourself with this training gains come through time

Hypertrophy, muscle growth

Two types of muscle growth

Myofibrillar

Increase in muscle fibers

Sarcoplasmic

Growth of the cell

It depends on the training which type of muscle growth is growing

Bodybuilders tend to have a lot of sarcoplasmic type of growth

But ofcourse also myofibrillar

Both muscle growths can grow at the same time

Two types of muscle tissue

Type I

Type II

a, b, ab

It depends on the type of training that is done

which type grows mainly

So basically muscle fibers can be converted and muscles can grow

Which type of growth and which type of fiber depends on the type of training

A new training can also induce hypertrophy or conversion

Multiple punches with one hand, normally the jab hand

can be done with a normal guard or something like a cross guard

Flicker punching

Is done with one hand normally the jab hand

Is most successfully done by people with long arms

Can be done with a normal guard or something like a cross guard

Flicker punching is making a lot of random punches after each other with one hand in a special way

Two ways

By pulling the hand back completely to the guard position

By pulling back half way or three quarter ways (or even quarter ways)

By pulling back less the next punch can be made faster though

the less pullback the less force the next punch will have

One punch that can also be made during flicker punching is hitting with the upside of the hand (with the knuckles)

Flicker punching is somewhat loose and flexible

Flicker punching is making a lot of random different kind of punches from different angles

And of course a double of the same punch is possible

The bowie punch is also seen during flickr punching

If you want to successfully flickr punch you also need to have good eyes as you need to make use of every opening in the guard with the loose and flexible punches you can get through small

openings

Can be very effective if power punches are used here and there at openings

Flickr punching is a lot harder than it sounds and looks and needs a lot of training

And it needs to fit the fighters fighting style

The double jab guard breaker

one or two punches of the double jab guard breaker can look somewhat like a push punch

Mostly the hand is not pulled back to the guard position and the punch already starts quarter or half way back

Mostly it's a direct punch in a downward angle